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**HOUSEHOLD**

**HEALTH COOKIES**

Two cupfuls of bran, one cupful of entire-wheat flour, one and one-half cupfuls of sour milk, two tablespoonfuls of butter, three tablespoonfuls of molasses, one teaspoonful of soda and a pinch of salt. Knead in more flour to make dough stiff enough to cut like cookies. Bake in quick oven. Raisins, prunes, dates or figs may be added.

**SOFT MOLASSES COOKIES.**

One cup New Orleans molasses, 1/2 cup shortening, 1/2 cup brown sugar, 1 level teaspoon baking soda, 1/2 cup hot water, 1 level teaspoon of cinnamon, 1 level teaspoon of ginger, 1 teaspoon salt, 4 cups of flour, or enough to make soft dough.

Mix molasses, shortening and sugar together until smooth. Mix soda in hot water and add to mixture; add spices and salt. Work in 2 cups of flour first, then add 1/2 cup at a time until stiff enough to roll and cut out with biscuit cutter. Bake 8 to 10 minutes in quick oven.

**RICE AND PEACHES.**

Materials—One cup rice. 1/2 can peaches.  
Directions—Wash and boil the rice as usual, but do not blanch. Brush mold, or bowl, with a little butter, and lay in the peaches, stone side next the mold; then put in hot rice, which has been mixed with 1/2 cup sugar and teaspoon salt and 1 teaspoon vanilla, 1/4 teaspoon nutmeg. This should stand two hours or longer before using.

**JELLIED TOMATOES ON LETTUCE.**

One cup tomatoes, 1-2 teaspoon grated onion, 1/2 teaspoon salt, 2 rounding or 4 level teaspoons granulated gelatin, 1-2 teaspoon, sugar. Dash white pepper, dash paprika.  
Put the tomatoes and onion into saucepan, boil five minutes; add the seasoning and strain. Soak the gelatin in 2 teaspoons cold water ten minutes and add to the strained tomato while hot; stir until dissolved. Pour into individual cups or platter which has been rinsed with water. Let stand until firm. When cold cut in thin squares. Line platter with shredded lettuce. Put leaf in center and the jellied tomatoes around. Serve with mayonnaise or French dressing.

**TONGUE SANDWICH.**

Cut up half a pound of cold boiled beef tongue; put it in a bowl or jar with the yolks of two hard-boiled eggs, a tablespoonful of mustard, salt, and a little cayenne pepper, and pound to a paste with a masher. Moistened with a very little cream and spread this paste on slices of bread, press together, cut off the crusts and cut the sandwich in two, cornerwise.

**Paper -Famine In Europe**

Washington, April 21.—The paper famine in some parts of Europe is growing sharper. Consul Winans, at Nuremberg, in a despatch to the Bureau of Foreign and Domestic Commerce, says that the situation is so acute in Bavaria that the municipal authorities

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of various cities have adopted stringent ordinances against waste. In order to secure the conservation of paper, slates are being used in some places and nowhere can paper be used for starting fires. Employees in all factories are required to pick up pieces of paper and keep them in sacks and turn them in at the end of every week.

City authorities require that all official orders shall be made as short as possible; that when half a sheet of paper is sufficient; the whole sheet shall not be used; that "padding," when the typewriter is used, shall be avoided, that newspaper notices shall be made brief. When it is necessary to re-publish old notices, these shall be shortened, if possible. Only as many copies shall be issued as are absolutely necessary. It is further recommended that notices of subordinate or momentary importance, stenographic, dictations, etc., shall be written on waste-paper in order to save good paper, or even that small slates shall be used.

**The Disorders In Dublin City**

London, April 26.—Nationalist volunteers, Mr. Asquith announced in the Commons to-day, had turned out to assist the Dublin authorities, while many local persons had offered their aid. Outside of Dublin, he said, the country was tranquil. The premier added that steps were being taken to acquaint neutral countries of the real significance of "this most recent German campaign."

In the House of Lords Lord Lansdowne said that the rebels in Dublin had made a half-hearted attack on Monday on Dublin castle. There was now a complete cordon of troops around the centre of Dublin, he added.

The casualties at Dublin were 15 killed and 21 wounded, besides two loyal volunteers and policemen killed and six loyal volunteers wounded.

The men connected with the filibustering expedition now in the hands of the government include Sir Roger Casement, two Irish confederates, and twenty-two Germans, comprising the crew. The chief importance of the capture lies in the revelations made of an extensive plot having ramifications in Germany, Ireland and America. Irish-Americans are said to have been largely instrumental in financing the revolutionary movement.

The capture of the expedition by the navy secret service is considered a remarkably clever piece of work. An automobile with

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Irish confederates awaited Sir Roger Casement ashore. The machine and its occupants were seized by secret service men. When Casement's party of three landed they walked into the arms of their enemies.

The expedition consisted merely of a submarine and a 1,100 ton steamer, which approached the coast at different points. Casement and his companions landed in a rowboat from the submarine.

**Von Der Goltz, Head Of Turk Army, Dead**

Amsterdam, via London, April 22.—Baron Kolmar von der Goltz, commander-in-chief of the First Turkish Army, died Wednesday of spotted fever at the headquarters of his Turkish army, according to an official announcement received here from Berlin. He had been ill ten days.

**A Wide-awake**

OMAN

"Here is a Paris spy story for every particular of which I can vouch," says an Englishman who is quoted in the Boston Transcript. "A Parisian petite bourgeoisie, who being half a Lorrainer, knows German, was traveling in the tube. In the same carriage were two men in the uniform of British officers. They spoke in a low voice to one another. She does not know English, and thought they might be speaking English, but once or twice they spoke louder, and she thought what they said sounded remarkably like German. She noticed both men particularly, as both were striking looking and handsome."

"At one station a fat, heavy man got out and trod on the toes of one of the presumably English officers. The officer ejaculated an oath in unmistakable German. The French-woman was more and more interested. When the two "British" officers got out at a station near the Etoile she got out too, and followed them at a distance. They went into a small, low-class lodging-house near the Porte Maillot. She took note of the address and looked for a policeman. When she found one he washed his hands of the whole thing, and said he could have nothing to do with spies; she had better go to the nearest police commissary. She did so, and reported what she knew."

This was two months ago. She heard no more about it till the other day, when she received a letter from the French military authorities, signed by a high official, and enclosing 3,000 francs with

their best thanks. The letter said that owing to the information she had given two leading spies who had been going about disguised in the uniform of British officers had been caught and dealt with.

**Round Shoulders.**

Many young girls are afflicted with round shoulders simply through the carelessness of parents. To ensure a straight back and beautiful figure the foundation must be begun in childhood, when the bones are soft and pliable. Just a little attention to the way your children walk will do the greater part, then proper exercise will do the finishing.

To correct the tendency the following exercises are recommended: Take a full breath, raise the arms at the sides level with the shoulders and move the hands in as wide circles as possible.

Taking a full breath, raise the hands with arms straight above the head. Slowly bring the hands downward and backward, pressing with all the might as if resisting a great weight. When this exercise is finished the hands are nearly together at the back, and the chest is expanded and high. Hold the breath during each of these exercises.

**Fly Exterminator.**

An easy way to drive out flies is to put twenty drops of oil of lavender in a saucer, and dilute it slightly with hot water. The sweet, heavy odor of the lavender is not agreeable to the busy little flies, and your house will soon be rid of them.

**A Substitute For Coaloil.**

Instead of using coaloil in starting a fire, you can use orange or lemon peelings with equal success. These peelings should be put into the warming oven of the stove or range, and kept there until they are hard or dry, then put into a little bucket or can which has been about half filled with coaloil. Then they should be shaken well. One of these peelings used when a fire is to be lit is very handy, and always starts the fire well, when the peeling is inserted under the wood or a piece of paper.

**Ammonia For Shoes.**

A few drops of ammonia, put into the the water that is used for dampening the sponge, when applying cleaner to white shoes, leaves them beautifully clean, and takes out any kind of a stain.